

## CLAIMS

I claim:

1. A hydration system comprising a flexible pouch including at least one inner layer forming a drinking fluid compartment and at least one outer layer forming at least one receptacle, said drinking fluid compartment being in fluid communication with a sealable opening, said at least one receptacle being filled with a thermal capacitance medium.
2. The system of claim 1, wherein said pouch includes two opposing sides, each being substantially covered by said cooling medium.
3. The system of claim 1, wherein said pouch is formed by joined sheets of material.
4. The system of claim 3, formed with at least three of said sheets of material.
5. The system of claim 4, formed with four sheets of said sheets of material.
6. The system of claim 1, wherein said pouch is formed by a first bag surrounded at least partially by a second bag.
7. The system of claim 1, wherein said pouch is formed by a first sleeve surrounded at least partially by a second sleeve.
8. The system of claim 1, wherein said medium consists of a cooling medium.
9. The system of claim 1, wherein said medium consists of a heating medium.
10. The system of claim 1, further comprising a conduit having an inlet and an outlet, said inlet being in fluid communication with said drinking fluid compartment.
11. The system of claim 10, further comprising a valve at said conduit outlet.
12. The system of claim 11, further comprising a pack configured to receive said pouch and be wearable by a user.